



Wayne's World Elite Fitness Training Summer Strength and Conditioning Camp 2019

What is Wayne's World Camp?

Kids and adults will get active, stay active, and even reach the greatest heights of athletic potential if they do the right things at the right time.

Wayne's World Strength and Conditioning Camp takes place in a group setting and is led by instructors and coaches. Our camps provide an introduction to athletic development through training of fundamental movement skills, power development, sprint mechanics, jumping and landing techniques, plyometrics, strength training, speed and agility training, energy system development, and injury prevention.

Who is Wayne's World Camp for?

Our camps are divided into middle school and high school groups. This program is ideal for those who are looking to stay active and improve their athletic performance.

Benefits:

This type of program has a few important benefits:

- Helps athletes become less susceptible to injuries
- Improves athletes' ability to perform technical and tactical skills more successfully
- Allows athletes to handle the demands of their sport

Please take note of the training sessions we will be offering this summer! Registration is required to reserve a spot.

“Strength training is an integral part of becoming a better athlete. Throughout the years, I have proven success with some of the best athletes in the area, and my goal is to continue to do so!! During my ten plus years of strength training, commitment to excellence and results has always been my priority and will continue to be my priority. I will not stop working with my athletes and challenging them every session until they reach their full potential. I still compete because I also feel that I need to be a role model – one who has dedicated his life to fitness” - **Wayne**

***Building Faster, Stronger and
Safer Athletes***



All camps will run from June 10 to August 16

At Wayne's World EFT OPEN GYM HOURS:		
Athletes schedule one hour sessions in the time blocks below		
Morning Session:	Afternoon Session:	Weekend Session
Monday/Friday	Monday/Wednesday/Friday	Saturday
7:00am - 8:30am	10:00am - 12:00pm, 1:00pm - 7:00pm	By Appointment Only
Wednesday	Tuesday/Thursday	
7:00am - 12:00pm	11:30am - 5:00pm	
Tuesday / Thursday		
6:00 - 8:30am		
At Lebanon High School - Speed Camp		
Monday/ Wednesday		
3:10 - 4:00pm		

High School and Collegiate Athletes

- The goal of this program is to increase core strength, total body development, quickness and agility, improve body composition, and increase flexibility while decreasing risks of injury. This summer program will put the athlete in the best condition possible in preparation for their fall season.

Middle School Athletes

- The goal of the middle school camp is to improve acceleration, change of direction, running mechanics, body weight exercises and begin learning proper technique of basic lifts in the weight room with little to no weight. Boys and girls may have opportunities to train at different times. Other considerations for junior high athletes are core strength, posture, coordination, balance, proper jumping and landing techniques.

Speed Camp

- Wayne's World All Sports Speed and Agility Camp is designed for those individuals looking to get active, or take their game to the next level. For every level of athlete from every sport, this summer is the chance to make new friends, learn new skills and have a blast in a fun-packed environment with games, instruction, pool time and recreation. This camp provides the perfect opportunity to improve speed, quickness and agility, whether playing on a field, track, court or ice. All campers will finish the week as faster and quicker athletes for their specified sport!
 - This camp meets at the Lebanon High School track



REGISTRATION FORM:

Name _____

Address _____

E-mail address _____

Phone number _____

School _____ Year of Graduation _____

Sport(s) _____

Please enclose \$200 deposit to secure your spot. Payments in full received before June 9th will have running program included in lifting price so register now for this discount!

Drop off application at Wayne's World, or mail to:
Wayne's World EFT, Suite H1-3, 85 Mechanic St. Lebanon, NH 03766

**In order to register for one of the summer camps, please complete the enclosed application.
Please check off the program choice.**

Program:	Days:	Cost:	Bootcamp:	Program Choice
Eqmgi g'Cj rvgu/"Rt gxlqvut/Vtclpgf'y kj "Y c{pg"	3 Days per week	\$475.00	Add 2 Bootcamp sessions per week - \$550	
	5 Days per week	\$675.00	With 2 Bootcamp session per week Included	
J k j "Uej qqnCj rvg/"Rt gxlqvut/Vtclpgf'y kj "Y c{pg	3 Days per week	\$525.00	Add 2 Bootcamp sessions per week - \$600	
	5 Days per week	\$725.00	With 2 Bootcamp session per week Included	
Eqmgi g'Cj rvgu"	3 Days per week	\$525.00	Add 2 Bootcamp sessions per week - \$600	
	5 Days per week	\$725.00	With 2 Bootcamp session per week Included	
J k j "Uej qqnCj rvgu	3 Days per week	\$525.00	Add 2 Bootcamp sessions per week - \$600	
	5 Days per week	\$725.00	With 2 Bootcamp session per week Included	
O k f ng"Uej qqnCj rvgu	3 Days per week	\$525.00	Add 2 Bootcamp sessions per week - \$600	
	5 Days per week	\$725.00	With 2 Bootcamp session per week Included	
Ur ggf "Eco r "	M/W	\$250.00	Not Included for Bootcamp	
		\$200.00	Speed Camp in addition to Weightlifting Camp	
Qpg'qp'Qpg'y kj 'Rgtuqpcn/Vtclpgt	By Appointment only	Contact More Information	Free Bootcamp depends on what packages did you buy	
I tqvr u'qH5"qt'8"y kj 'Rgtuqpcn/Vtclpgt"	By Appointment only	Contact More Information	Free Bootcamp depends on what packages did you buy	

Enclose a check for \$200 as your deposit. Once you are accepted into the program, you will be notified via e-mail. Please e-mail if you have any questions! We look forward to working with you this summer. Any questions please contact Waynesworldeft@gmail.com or 860-803-8857 or [gymgains.com](http://www.gymgains.com) or 825-949-: 287



AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in the Wayne's World Speed and Conditioning Camp (instructed by Wayne D. Burwell and or WWEFT coaches), related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Wayne D. Burwell, his officers, officials, agents and/or employees, other participants sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Name, Printed

Participant's Signature

Date Signed

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above all the Releases, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Releases from any and all liabilities incident to my minor child's involvement or participation in this program as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE.

Parent/Guardian Signature

Date Signed